



Frederick County Office of Environmental Sustainability **Earth Day Choose 5 Challenge**



www.FrederickCountyMD.gov/Choose5Challenge

What are you doing for Earth Day this year?

Celebrate Earth Day 2010 by taking Frederick County's **Choose 5 Challenge**.

Here's what's involved: Choose 5, fun, web-based actions that can help you save money, green your lifestyle, and win prizes! Each action only takes 1 to 20 minutes to do! Depending on which ones you choose, you could complete all 5 in less than 1 hour!

Once you take the Challenge, [enter our drawing for 10 or more prizes](#)! The drawing date will be May 4, 2010.

Ready? Get Started!

- ☐ **1.** Want to start living more sustainably? Not sure where to begin? **Sign up for EPA's Environmental Tip of the Day** and receive an easy tip every day about a small change that can make a big difference. (1 minute) [Click here.](#)
- ☐ **2. How does your vehicle compare?** Using your vehicle's exact model and year, and your own annual mileage and driving mix, find out about your vehicle's fuel economics, energy impact score, carbon footprint, EPA Pollution Score and more. Use this tool to compare vehicles you may be considering buying! (3 minutes) [Click here.](#)
- ☐ **3.** Everyone is more likely to take an energy conservation step if you know exactly how to do it! **Watch a short how-to video** to weatherize a door, install a low-flow showerhead, wrap your hot water heater, insulate your attic hatch, or save energy with a Smart Strip! (2-4 minutes) [Click here.](#)
- ☐ **4.** It's easy to **buy local produce**. Browse Frederick County's **Virtual Farmers' Market**: [Click here.](#) Then **download the Farm Guide**: [Click here.](#) 2010 version coming in May. (5 minutes)
- ☐ **5.** Take the quick **6^o Energy Quiz** (and read the explanations for the 7 correct answers!) Consider signing on to the 6^o Challenge. (5 minutes) [Click here.](#)
- ☐ **6. Ever wonder how many trees would need to be planted each year to offset your household's CO2 emissions?** Find out! (6 Minutes) [Click here.](#)
- ☐ **7. A case for returning to the tap!** Is bottled water really better than drinking tap water? Watch **The Story of Bottled Water**: [Click here.](#) (7 minutes)
- ☐ **8.** What is your **Environmental IQ?** Test your knowledge of population, the environment and American forests. Many of us have big misconceptions! (10 minutes) [Click here.](#)

- ☐ **9. Watch [The Story of Stuff!](#)** Find out how our lifestyles are part of much bigger systems that impact our earth. (10 minutes) [Click here.](#)
- ☐ **10. Do you want a greener lifestyle but need tips on everything from natural cleaners to composting?** Read at least two short **Greener Lifestyle Brochures** from the Monocacy-Catoctin Watershed Alliance. (10 minutes) [Click here.](#)
- ☐ **11. How many planet Earths does it take to support your lifestyle?** Take this fun, dynamic and graphical quiz to find out your **Ecological Footprint**, discover your biggest areas of resource consumption, and learn what you can do to tread more lightly on the earth. (15 minutes) [Click here.](#)
- ☐ **12. Calculate your household's Low Impact Living Index (LILI)** with this interactive Low Impact Living Calculator. It shows not only the carbon footprint but also the energy, water, wastewater, trash, and storm-water runoff footprints of your home and lifestyle. In addition, it recommends projects based on your specific inputs that can save you money and reduce your environmental impact. It also compares your home to comparable ones in your area. (15 minutes) [Click here.](#)
- ☐ **13. Download and print OES' Checklist for Energy Conservation for Homes and Lifestyle.** Share it with your household members and commit to doing one new thing on the list. (15 minutes) [Click here.](#)
- ☐ **14. Tired of receiving unwanted catalogs** that fill up your recycling bin? Use this free Catalog Choice service to opt out of company catalogs you no longer wish to receive. Gather up the catalogs first so you know your customer numbers. (15 minutes) [Click here.](#)
- ☐ **15. Do you know where your electricity comes from?** Find out all about it and then share this site with your kids. [Click here.](#) **Are you smarter than your 5th grader?** Take the **Energy IQ quiz**: [Click here.](#) There are lots of other fun puzzles and activities to share with your family. (20 minutes)
- ☐ **16. Analyze your home on-line and receive 4 energy saving compact florescent Light bulbs (CFLs)!** Get recommendations for managing your energy costs, and find out how much it costs to run your appliances and how much you can save by taking simple steps! (20 minutes or more) [Click here.](#)

Don't Forget! When you have completed your Choose 5 Challenge activities, tell us which ones you did by filling out this very short survey and we will register you for prize drawings! ([Click here to take the survey.](#))

For more information on the Choose 5 Challenge, Earth Day activities and other year-round opportunities to engage in environmental sustainability issues in your local community, please contact Lisa Orr, Sustainability Program Coordinator for the Frederick County Office of Environmental Sustainability by email lrr@frederickcountymd.gov or phone 301.600.6864.

Visit us online at www.frederickcountymd.gov/sustainability

The purpose of this activity is to promote awareness of both sustainable living and available on-line tools and resources. It is not the intention of the Frederick County Office of Environmental Sustainability to promote or endorse either the organizations offering these on-line tools and resources or their political agendas.